



SEAHILL

SPA AT THE CAVALIER

A sensory oasis in the heart
of Virginia Beach's
Historic Cavalier Hotel

ARRIVAL

To ensure your spa experience is as therapeutic and relaxing as possible, we request you arrive 30 minutes before your scheduled treatment. This half hour allows time to fill out necessary paperwork and enjoy our lounges, saunas and steam rooms while setting an unhurried and relaxed tone for your treatments that follow. Arriving late will limit the time of your service, thus decreasing the effectiveness and your enjoyment.

BOOKING AND CANCELLATION POLICY

We encourage guests to book at least 10-12 weeks in advance. Spa and Salon services require a nonrefundable fee upon scheduling. This helps us protect the time of our team members and our guests ensuring we continue to deliver upon our promise of exceptional service. We understand that situations arise that require you to change your plans. If you must cancel or reschedule your appointment, we simply require notification at least 24 hours in advance.

SERVICE CHARGE

A 22% service charge is applied to each service and distributed to the spa team as part of their compensation. Additional gratuities are appreciated and may be added at your discretion.

FACILITIES, USE AND ADMISSION

Upon entering the spa you will be assigned a locker and are invited to enjoy our amenities. Access to the spa's facilities is exclusive to guests receiving spa services, this does not include salon services. We encourage you to leave your valuables in your hotel room or at home. We offer lockers for our spa guests; however, we do not take responsibility for any lost valuables or items left at the spa.

CELL PHONE USE AND CAMERAS

To maintain a tranquil atmosphere, cell phone use is restricted in the Spa and Salon. We offer lockers to store cell phones and personal items for the duration of your time with us. In order to protect our guests' privacy, cameras and videos are not permitted.

AGE POLICY

Spa services are available for guests 18 and older. Salon services are available for our younger guests while accompanied by an adult.

Upon entering SeaHill Spa, escape your world and indulge in ours.

Access to SeaHill Spa's amenities is included with any 50-minute spa service. Guests with spa services that begin prior to 2pm have access from open until 2pm. Services that commence after 2pm have access from 2pm until close. This does not include salon and nail services.

Steam Rooms

Sauna Rooms

Dressing Rooms

Ladies Whirlpool

Co-Ed Blue Lagoon Relaxation Lounge

Co-Ed Himalayan Salt Cove



AMENITIES



QUARTZ THERMAL THERAPY

Gharieni Quartz tables use the deep, dry heat of the quartz sand to alleviate muscle and joint pain. The heated sand is embedded in this exquisite treatment table designed to ergonomically support the body, allowing you to surrender into a deep state of relaxation. This cocooning experience has a profoundly calming effect on the mind and body, elevating this remarkable escape.

*Height and weight restrictions may apply.

QUARTZ SAND THERAPY

75 minutes

Indulge in a serene healing experience on the heated, inversion Quartz table, where warm heated sand poultices and aromatic essential oils work in harmony. These poultices and the healing functions of the Quartz table gently stimulate the body's reflex zones, promoting deep relaxation while unlocking energy flow and releasing blockages. Let this treatment restore energy balance and harmony to your entire being.



QUARTZ SOAK &

Soak in a bath of the highest quality ocean minerals as you are transported to the rhythm of the sea. Drift into bliss on a table of warm, flowing quartz sand. The Gharieni Quartz sand table is a rare, restorative highway to relaxation- indulge yourself in a state of well-being.

OCEAN DEW BODY POLISH & SOAK

50 minutes

Revitalize with this mineral-rich exfoliating scrub, leaving your skin silky, smooth and radiant. Relax with a mineral sea salt soak in our HALO tub, followed by a soothing magnesium lotion application on our warm QUARTZ table. The magnesium works to ease stress and relieve muscle tension, leaving you feeling completely refreshed.

TARNISHED TRUTH BOURBON INFUSED SCRUB & SOAK

50 minutes

Invigorate the senses with the Cavalier's in house distillery Tarnished Truth bourbon infused scrub. This exhilarating full body exfoliation is punctuated with a warm, detoxifying mineral soak. The service closes with a moisturizing lotion application leaving skin smooth and soft.

*Height and weight restrictions may apply.

SAND RITUALS

OCEAN & WARM SAND RITUAL

100 minutes

Immerse yourself in a soothing magnesium exfoliation supporting overall wellness that melts into your skin, deeply nourishing muscles and nerves. After a revitalizing mineral soak in our HALO tub, unwind with a personalized aromatherapy massage on the uniquely healing Quartz table, designed to address your individual needs. This signature treatment offers a truly one-of-a-kind wellness experience.

OCEAN DEW MAGNESIUM BODY WRAP

50 minutes

Begin your experience with a full-body dry brush exfoliation, followed by a nourishing clay-based body mask that locks in moisture. Relax as you soak in a soothing mineral bath, allowing your skin to fully absorb the hydrating benefits. The treatment finishes with a rich lotion application, leaving your skin soft and replenished. Magnesium benefits include: easing muscle tension, boosting energy, and reducing stress-related tension, helping you feel refreshed and revitalized.



MASSAGE

AUTOGRAPH AROMATHERAPY MASSAGE

50/80 minutes

Our signature and most popular light-to-medium pressure massage invites you to set your relaxation intention by selecting one of our unique aromatherapy blends. Choose based on the scent description or let your senses lead the way—then simply unwind and enjoy.

CBD MASSAGE

50/80 minutes

Enhance the therapeutic power of your massage with this calming treatment, featuring CBD oil blended with pain-relieving herbs. Designed to soothe the nervous system, ease pain and inflammation, and promote deep, restorative sleep, this treatment offers a holistic approach to relaxation and healing, elongating your results.



AGE-DEFYING BODY MASSAGE

50/80 minutes

Embark on a luxurious journey with a microbiome-restoring massage using a blend of rich creams promoting skin elasticity, tone, and vitality. The experience is crowned with a soothing lymphatic pressure point facial massage, ensuring you feel fully relaxed and restored.

HIMALAYAN SALT STONE

50/80 minutes

Warmed Himalayan salt stone minerals balance the body's electromagnetic field, in conjunction the heat therapeutically enhances and prolongs your massage melting away stress and tension.

DEEP TISSUE

50/80 minutes

Playing hard and working hard can leave us in need of a deep pressure massage to relieve sore muscles. This massage features repairing and analgesic qualities, sinking deep into muscles to ease aches while repairing soft tissue.

PRENATAL MOM TO BE*

50 minutes

Mothers-to-be need nurturing. Designed to relax the mind and body and tailored to address the changes that can occur during pregnancy. Discomfort & fatigue are alleviated where it is most needed.

*Recommended for guests past their first trimester.

SPA RETREATS FOR TWO

TIME TOGETHER

120 minutes

Invoke reconnection and healing together. This couple's quality time revitalizes your skin's glow with an exfoliating body scrub, then immerse yourself in a warm healing mineral soak alongside your loved one. Together, intuitively choose an aromatherapy scent to enhance relaxation and renewal as you experience a side-by-side massage, designed to restore balance and calm. A truly blissful gift to one another.

MASSAGE & SOAK

70/100 minutes

Ideal for reconnection and shared quality time together. Begin your experience with a warm mineral soak, setting the tone for relaxation and connection. Then, enjoy personalized side-by-side massages designed to help you unwind and let the pressures of everyday life melt away. Choose from light to medium pressure to target areas of tension, with the option of a 50- or 80-minute rejuvenating massage.

TARNISHED TRUTH BOURBON SCRUB

50 minutes

Invigorate the senses with the Cavalier's in house distillery Tarnished Truth bourbon infused scrub. This exhilarating full body exfoliation is punctuated with a warm, detoxifying mineral soak. The service closes with a moisturizing lotion application leaving skin smooth and soft.



FACIAL

ULTIMATE FACIAL

80 minutes

Experience a lavish, results-driven facial that combines a variety of luxurious massage techniques to lift, tone, and rejuvenate your skin. Powerful age-defying formulas are expertly infused, enhancing product absorption for deeper penetration and more noticeable results. An acupressure facial massage relaxes facial muscles, while Silicone infusion technology smooths fine lines and wrinkles on the chest and décolleté. The result? Instant radiance and a glowing, more youthful complexion.



AUTOGRAPH AROMATHERAPY FACIAL

80 minutes

Harness the power of advanced pre- and probiotics in this luxurious facial and restore your skin's natural microbial balance. Your experience is enhanced with jade gua sha tools, designed to stimulate lymphatic drainage, release toxins, and improve circulation. The benefits of this facial include stress relief, boosted collagen production, reduced inflammation, and a strengthened skin barrier leaving your complexion calm, radiant, and revitalized.

CUSTOMIZED FACIAL

50/80 minutes

These result-driven treatments are designed to address specific skin conditions, from hyperpigmentation, sensitivity, oily skin, to premature aging. Expertly guided by your licensed esthetician.

BRIGHTENING

lighter, brighter & more luminous skin

GRACEFUL AGING

increase collagen & elasticity

OCEAN CRYSTAL

aquamarine crystals soothe & refresh

PURIFYING

decongest & rid skin of impurities

CALMING

reduce inflammation & soothe skin

HYDRO CAPSULE



HYDRAFACIAL

30/50/80 minutes

A high-tech, low touch treatment that incorporates non-invasive hydra-dermabrasion with next generation microdermabrasion. Exfoliate and smooth the skin while dislodging and removing impurities and adding hydration. Personalize your facial to address your unique concerns. Target fine lines and wrinkles, dark spots, redness and pore size while smoothing and hydrating skin. This non-invasive hydrafacial treatment will leave your skin with instant, long-term results.

HYDRO CAPSULE BODY THERAPIES

50 minutes

Elevate your spa experience with our luxurious multi-sensory hydro capsule, combining the therapeutic power of Vichy Shower, infrared heat, aromatherapy, and chromotherapy. With 10 Vichy shower heads, 10 under-body sprays, and gentle vibrations, this full-body treatment offers an indulgent experience you will want to revisit time and time again.

Choose from the following 50-minute Scrub Services:

DETOXIFYING

exfoliate & eliminate toxins

BRIGHTENING

retexturize & illuminate

TARNISHED TRUTH BOURBON

invigorate the senses

HYDRATING

soften & moisturize



*Height and weight restrictions may apply.

NAILS & WAXING

UNWINDING MANICURE

50 minutes

Your hands are the essence of connection and care. You deserve this revitalizing treatment featuring a gentle exfoliation & moisturizing massage. Your nails are cleaned, filed and polished with our signature Dazzle Dry polish, an award winning nail lacquer that applies like a traditional polish while delivering the long-lasting performance of a gel.



WAXING SERVICES



Brow	Underarm	Bikini
Lip	Back	Skinny Bikini
Chin	Leg	Brazilian

RENEWING PEDICURE

50 minutes

Your feet take you to new places; treat them well and indulge them in relaxation. Soak in a mineral salt & aromatherapy foot bath while your technician executes precision nail care. Follow with a salt scrub and a foot & leg massage that will revitalize your feet. Toes are polished with our signature Dazzle Dry polish, the fastest air-drying nail lacquer on the market today. Created by bio-organic chemists, Dazzle Dry is vegan, non-toxic, hypoallergenic and free of animal by-products and harsh chemicals.

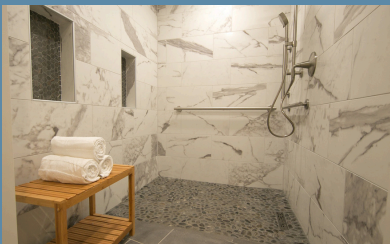
SALON & SPECIAL EVENT

SeaHill Spa at the Historic Cavalier Hotel is the source for luxury in hair care. Whether your style is edgy and glamorous, or sophisticated and refined, our innovative beauty artisans are schooled in the latest techniques and designs. Our full service salon pairs top-of-the-line products with an array of color services, style designs and hair cuts for both men and women.

HAIR	COLOR	SPECIAL EVENT & BRIDAL*
Wash & Blowdry	Single Process	Updo/Event Hair
Women's Cut & Blowdry	Color Retouch	Full Face Makeup
Men's Wash & Cut	Color + Highlights	Lash & Brow Tinting
Keratin Treatment	Partial/Full Foil	Wedding Day Hair Bridal Trial Hair
	Partial/Full Balayage	Wedding Day Makeup Bridal Trial Makeup
		Bridal Party Styling
		Bridal Party Makeup

*In room bridal services are available upon request for an additional fee.





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